

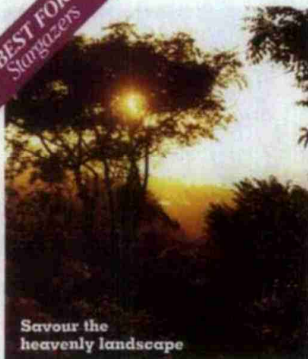
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UTAH
LIFE ELEVATED

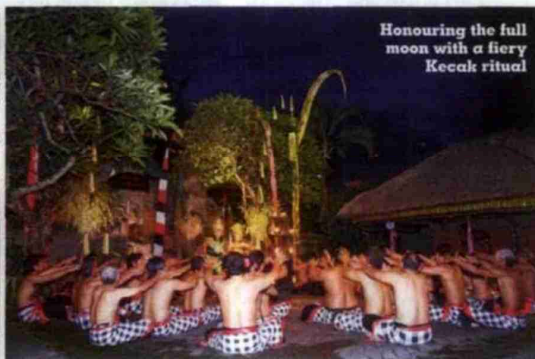
Solo spiritual *escapes*

Only yourself to please? Then leave
St Valentine at home for a journey of
self-discovery that's perfect for singletons

**BEST FOR
Stargazers**



Savour the
heavenly landscape



Honouring the full
moon with a fiery
Kecak ritual

BRUSH UP YOUR ASTROLOGY IN BALI

Wacky New York astrologer Michael Lutin will be sharing his unique take on the stars in the central highlands of Bali from 12-19 March this year. His workshop, 'Mikey in Paradise: The Five Levels of Astrological Prediction', will tackle a number of topics such as planetary symbolism and the karma of your incarnation, and participants are invited to bring their own birth charts for discussion by the group.

As a teacher, Lutin is as witty as he is knowledgeable, so expect plenty of

humour added to the mix. The eight-day retreat also includes yoga at sunrise, an Indonesian cookery class, a bike ride or birdwatching walk and a village tour. On the last night of the workshop, everyone is taken to watch a vibrant Kecak ritual (a fire trance dance) in honour of the full moon – a fitting finale to a holiday made in heaven.

• The workshop costs from \$1,500 (around £965) per person, including eight nights' single occupancy in traditional wooden cottages with breakfast and lunch for six days, tuition, airport transfers, additional activities and two massages. Flights not included. Nearest airport is Denpasar. Visit www.heavenandearthworkshops.com

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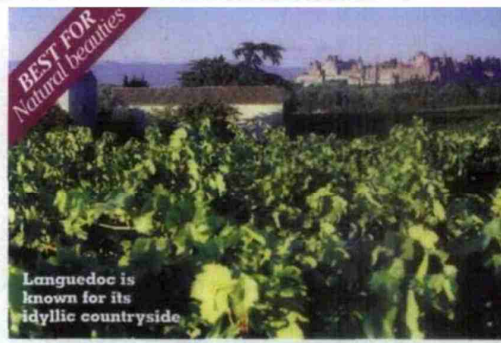


MAKE YOUR OWN COSMETICS AND PERFUMES IN FRANCE

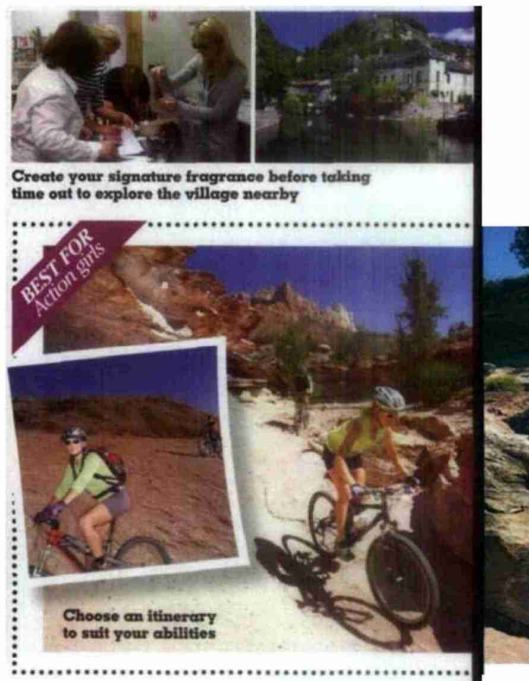
Based in an 18th-century stone house in the Languedoc region of southern France, this is a chance to learn the secrets of the alternative beauty trade. You'll explore how different scents affect your mood and wellbeing, and learn to use vegetable oils, floral waters, essential oils, butters and waxes to make your own cosmetic goodies.

Tutor Petre Sefton grows many of the raw ingredients herself using biodynamic farming methods, which conserve the therapeutic value of the plants. You'll produce a facial scrub, lip balm, creams and massage oil suitable to your skin type, as well as create your own signature fragrance. Between workshops, you can visit the nearby village of Lunas, with its quaint shops, cafes and restaurants, and sample the region's exceptional wines.

• Prices start at £775 per person, based on two sharing, including five nights' accommodation, course materials, breakfast and four light lunches. Flights not included. Nearest airports are Béziers or Montpellier. Visit www.golearnto.com or call 0844-502 0445.



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CYCLE THE CANYONS OF UTAH

Miles of red-rock canyons and abstract sandstone rock formations, edged by snow-capped mountains, await outdoorsy types who head to Utah, USA. The town of Moab is the gateway to Arches and Canyonlands National Parks – and the best way to see it all is on a mountain bike. If you don't want to join a group of strangers, you can tour the

wilderness on a Dreamride Solos holiday with just a fit, knowledgeable guide for company. You set your own itinerary, choosing trails that take in the scenery you want to explore at a pace and level that suits you. You can even pay a visit to a Navajo reservation.

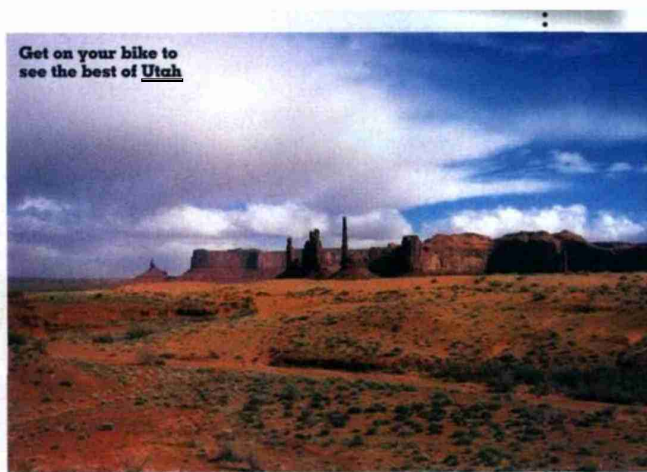
The five-day, six-night tours are broken down into day rides along paths that conserve the delicate desert environment. Husband and wife team Miki and Lee Bridgers provide state-of-the-art bikes, helmets and

fabulous food. Miki is a nutritionist and prepares home-cooked meals with organic veggies and free-range meat to refuel you at the end of each action-packed day.

• *Solo tours with evening meals, accommodation and cycle hire cost from \$2,500 (around £1,600) for six nights, excluding flights. Nearest international airport is Salt Lake City or fly to Moab via a domestic flight from Denver. Visit www.dreamride.com/solos.html or call 001-435259 6419.* ➔



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Inishmore is a cultural and spiritual gem

EXPLORE IRELAND'S CELTIC SPIRIT



Discover a timeless way of life

Take a ferry across windswept Galway Bay and spend a week on remote and magical Inishmore, one of the Aran Islands and an important spiritual centre for Celts ancient and modern. Elizabeth Zollinger, who has a love of all things Celtic, has teamed up with experts and lecturers to put together her 'Walking The Ancient Celtic Way' holiday.

Stepping back in time, you'll visit archaeological sites to learn about the Celts' burial practices to honour the spirits of the deceased. They believed wells to be the wombs of Mother Earth, and you'll have the chance to join in well rituals to symbolise the movement

of the sun god around Mother Earth and encourage a bountiful harvest as well as human fertility.

In the evenings, you'll listen to a traditional storyteller tell tales of Celtic mythology, or head to one of the island's pubs for a night of rousing folk music.

- A week costs from €990 (around £835), including six nights' bed and breakfast in a single room, four dinners, lectures, tours, guiding and transfers by ferry from Galway. Flights and transport to Galway not included. Nearest airports are Galway or Shannon, followed by a bus journey. Visit www.irish-culture.ch or call 0041-4452 0918 or 00353-996 1424.



Follow in the footsteps of the ancient Celts



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LEARN YOGA IN LANZAROTE

Lynne Oliver's week-long yoga retreats are set in a hillside villa shrouded by botanical gardens with views of the coast and outlying islands. The ethos at this Lanzarote bolt-hole is to do very little except pamper and centre yourself in between country walks or dips in the solar-heated, chlorine-free pool.

Lynne has more than 30 years' experience as a yoga teacher, and each week she gives five classes, combining

hatha, lyengar and yoga therapy techniques. The rest of the time is your own. At an additional cost, you can book a massage, reiki or shiatsu treatment. There's also a weekly day trip to the nearby volcanic island of La Graciosa, a biosphere reserve where tourism and conservation go hand in hand.

• *Seven nights' bed and breakfast in a single room at Villa Isis with five yoga sessions costs from €635 (around £535), excluding flights. Nearest airport is Lanzarote, and then a short taxi ride. Visit www.hoho.co.uk or call 020-8123 9250.*

